**Why Do You Hiccup?** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ Pd. \_\_

"Hic!" You've just hiccuped for what seems like the tenth time since you finished your big dinner. Wonder where these funny noises are coming from? The part to blame is your diaphragm. This is a dome-shaped muscle at the bottom of your chest, and all hiccups start here.

The diaphragm almost always works perfectly. When you inhale, it pulls down to help pull air into the lungs. When you exhale, the diaphragm relaxes and air flows out of the lungs back out through the nose and mouth. But sometimes the diaphragm becomes irritated. When this happens, it pulls down in a jerky way, which makes you suck air into your throat suddenly. When the air rushing in hits your voice box, you're left with a big hiccup.

Some things that irritate the diaphragm are eating too quickly or too much, an irritation in the stomach or the throat, or feeling nervous or excited. Almost all cases of the hiccups last only a few minutes. Some cases of the hiccups can last for days or weeks, but this is very unusual and it's usually a sign of another medical problem.

1. What is the job of the diaphragm? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What causes a hiccup? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. List 2 things that can irritate the diaphragm. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. What do **you** do to try to get rid of hiccups?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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